DOCUMENT RESUME

ED 412 195 SP 037 570

TITLE	Liv and Lucky in Liverland. . . Color Us Healthy! A Workbook about Your Liver = Un Cuaderno de trabajo sobre tu higado.
PUB DATE	1995-00-00
NOTE	25p.; Funded by a grant from the SmithKline Beecham Foundation.
AVAILABLE FROM	Hepatitis Foundation International, 30 Sunrise Terrace, Cedar Grove, NJ 07009; Telephone: (800) 891-0707.
PUB TYPE	Guides - Classroom - Learner (051) -- Multilingual/Bilingual Materials (171)
LANGUAGE	English, Spanish
EDRS PRICE	EDRS Price MF01 Plus Postage. PC Not Available from EDRS.
DESCRIPTORS	*Child Health; *Health Education; *Hygiene; Primary Education; Workbooks; Young Children
IDENTIFIERS	Coloring Books; Health Behavior; *Liver Disease

ABSTRACT

This workbook/coloring book, on the liver and good health is designed for primary school students. The 21 line drawings illustrate different aspects of liver function, maintaining a healthy liver, and preventing liver disease. Each page is captioned in both English and Spanish. (ND)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

SP

ED 412 195

Liv and Lucky IN LIVERLAND

...COLOR US HEALTHY!

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL IN OTHER THAN PAPER COPY HAS BEEN GRANTED BY

L. Murphy

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

A Workbook About Your Liver

UN CUADERNO DE TRABAJO SOBRE TU HÍGADO

HEPATITIS FOUNDATION INTERNATIONAL

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it.

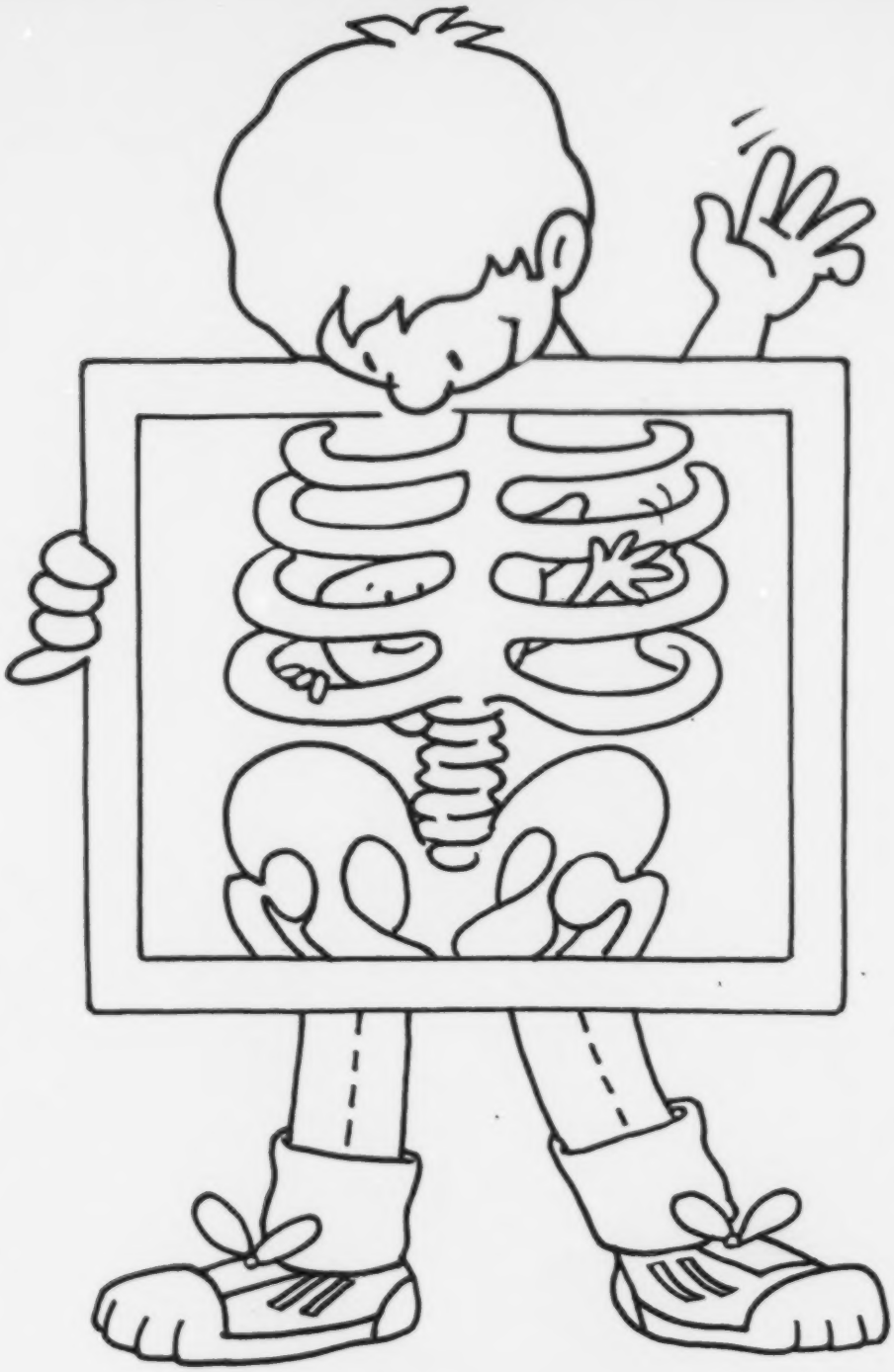
☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

SB375 T0

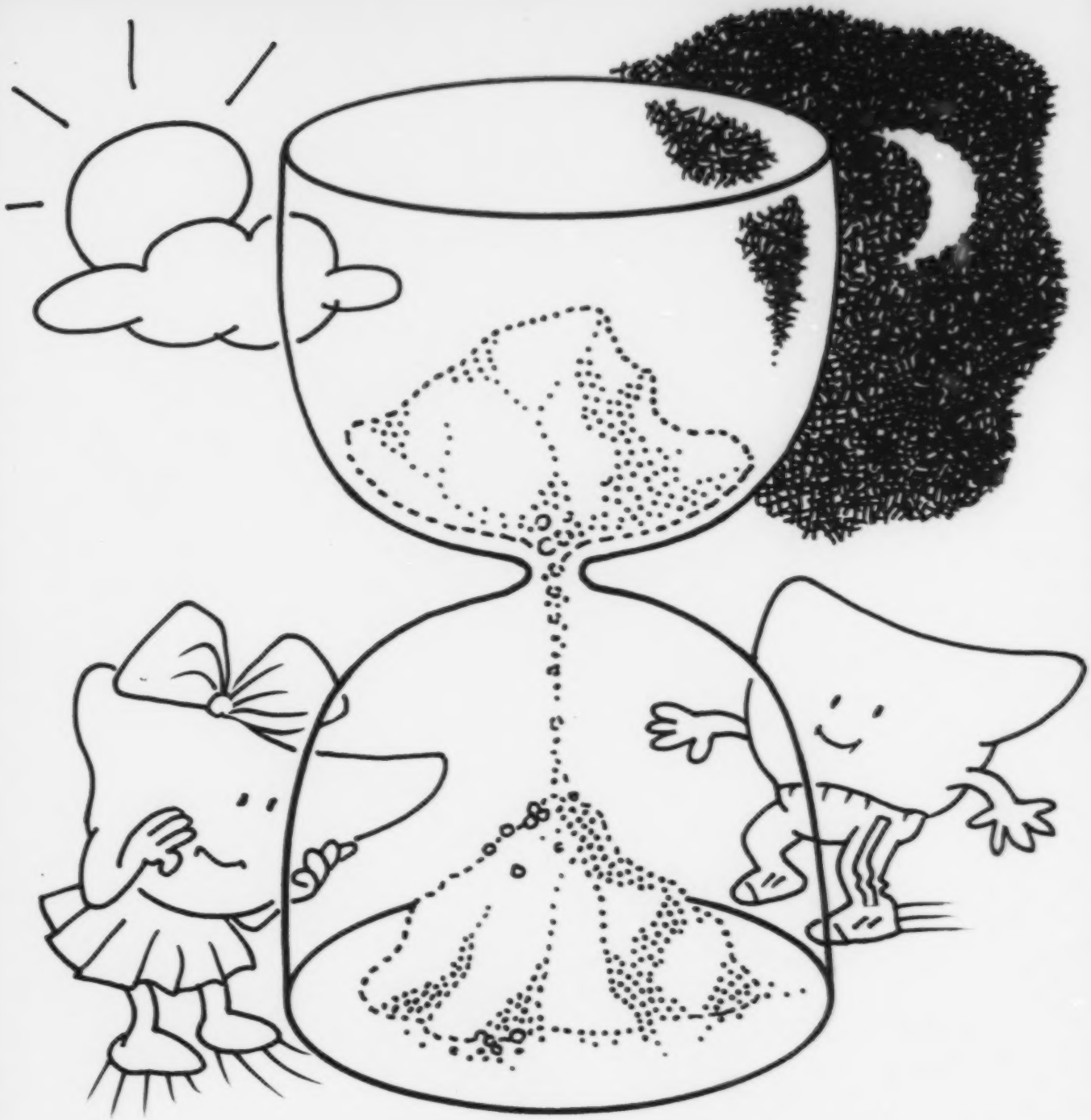
BEST COPY AVAILABLE

© 1995
HEPATITIS FOUNDATION
INTERNATIONAL



I hide behind your ribs
so they can protect me.

Me escondo detrás de tus costillas
para que me protejan.



I work 24 hours a day
to keep you alive and healthy.

Yo trabajo 24 horas al día
para mantenerte vivo y sano.

I'm your body's engine
that keeps you on the go.

Yo soy la máquina de tu cuerpo
que te mantiene activo.

I fight off germs
that can make you sick.

Yo combato los gérmenes
que hacen que te enfermes.

I stop cuts from bleeding.

Yo hago que las cortadas dejen de sangrar.

I turn food into muscles to make you strong.

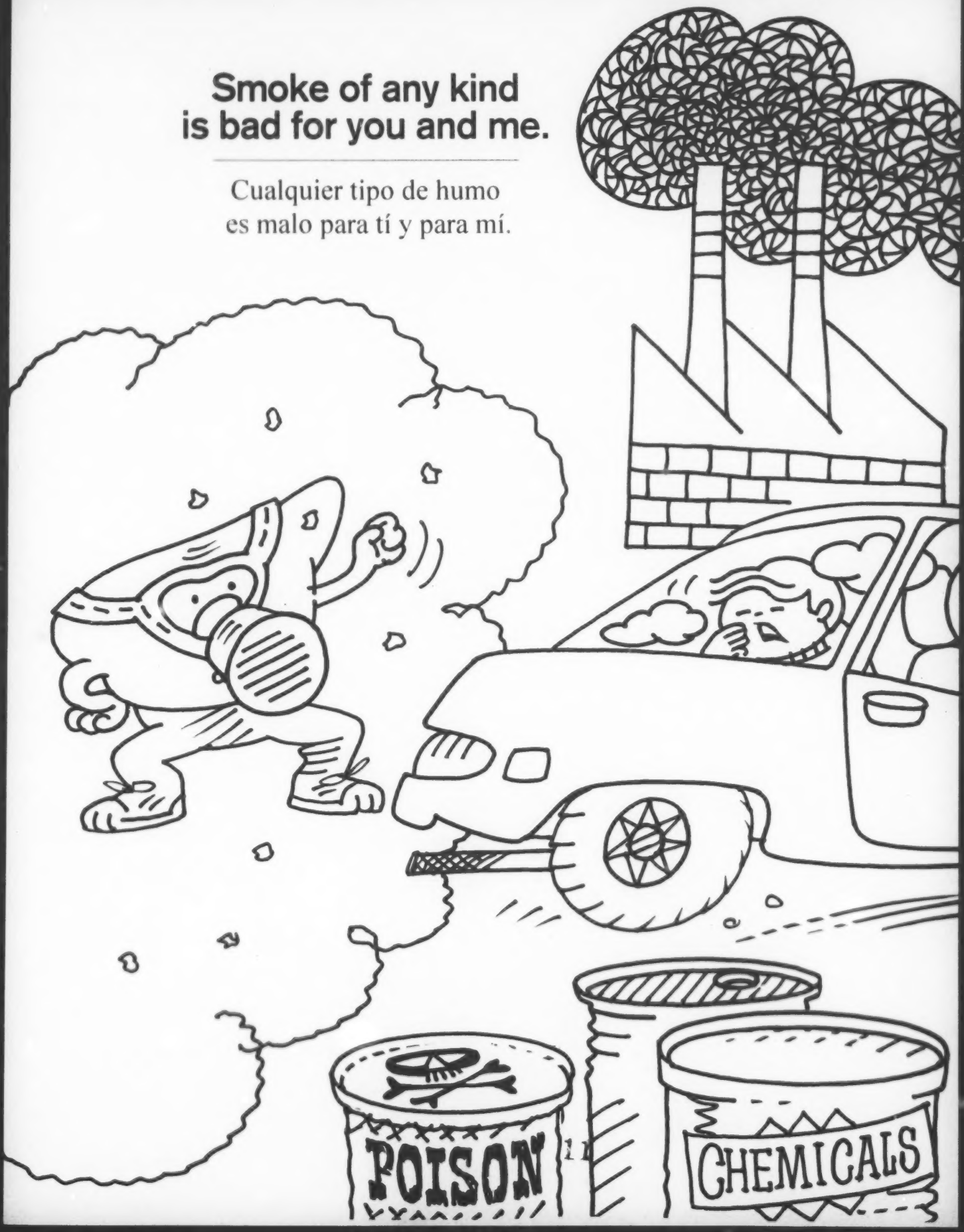
Yo convierto los alimentos en músculos para que estés fuerte.

Liver cells are my workers that give you power. They need tender loving care.

Las células del hígado son mis trabajadoras que te dan fuerza. Ellas necesitan cuidado y atención.

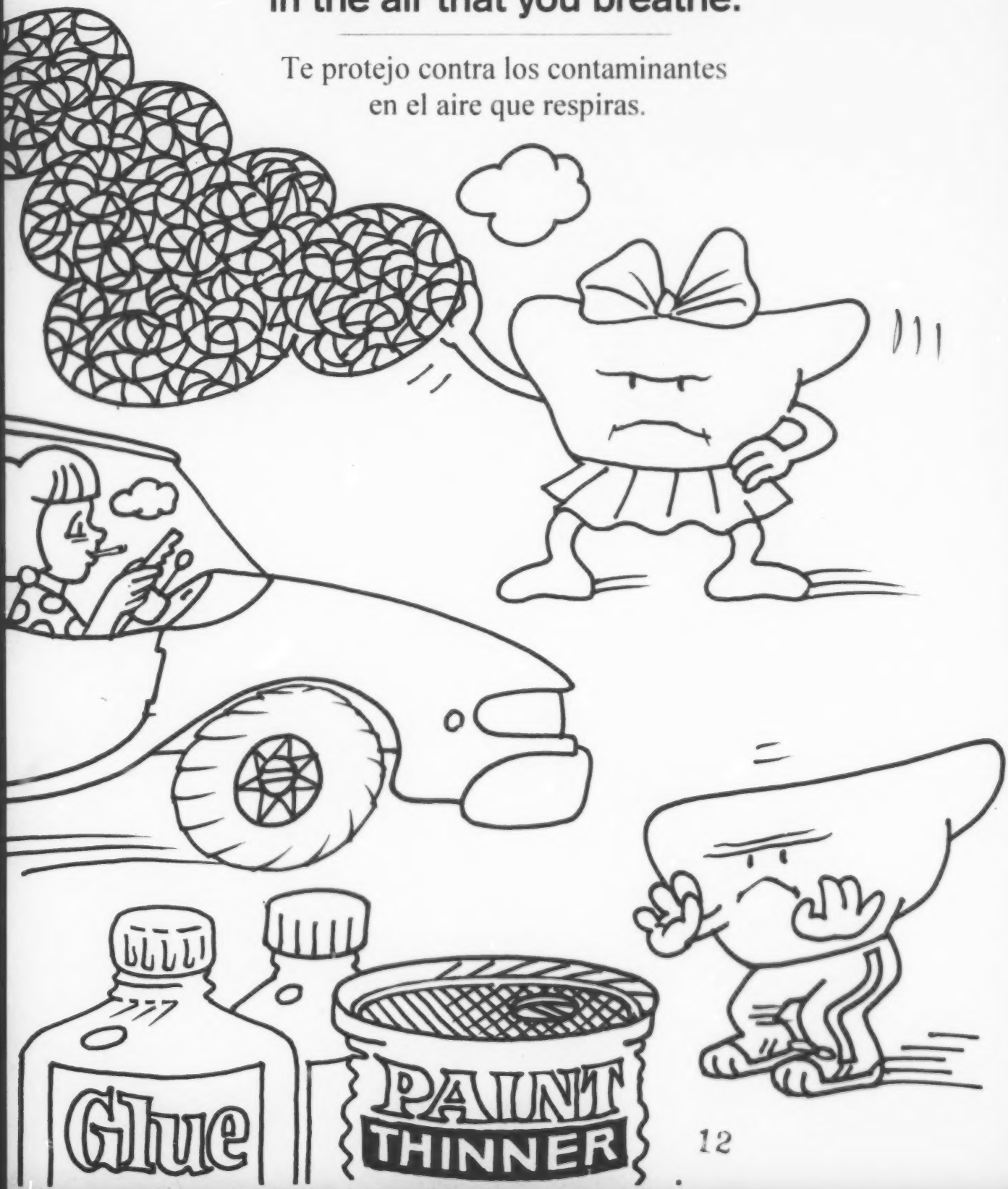
Smoke of any kind is bad for you and me.

Cualquier tipo de humo
es malo para tí y para mí.



I protect you from pollutants in the air that you breathe.

Te protejo contra los contaminantes en el aire que respiras.



I work hard to filter out toxins in drugs and alcohol that can harm you.

Yo trabajo muy duro para filtrar las toxinas dañinas de las drogas y el alcohol.

Drugs and alcohol can kill liver cells and hurt you and me.

Las drogas y el alcohol pueden destruir las células del hígado y lastimarte a tí y a mí.

Don't take drugs unless your doctor orders them.

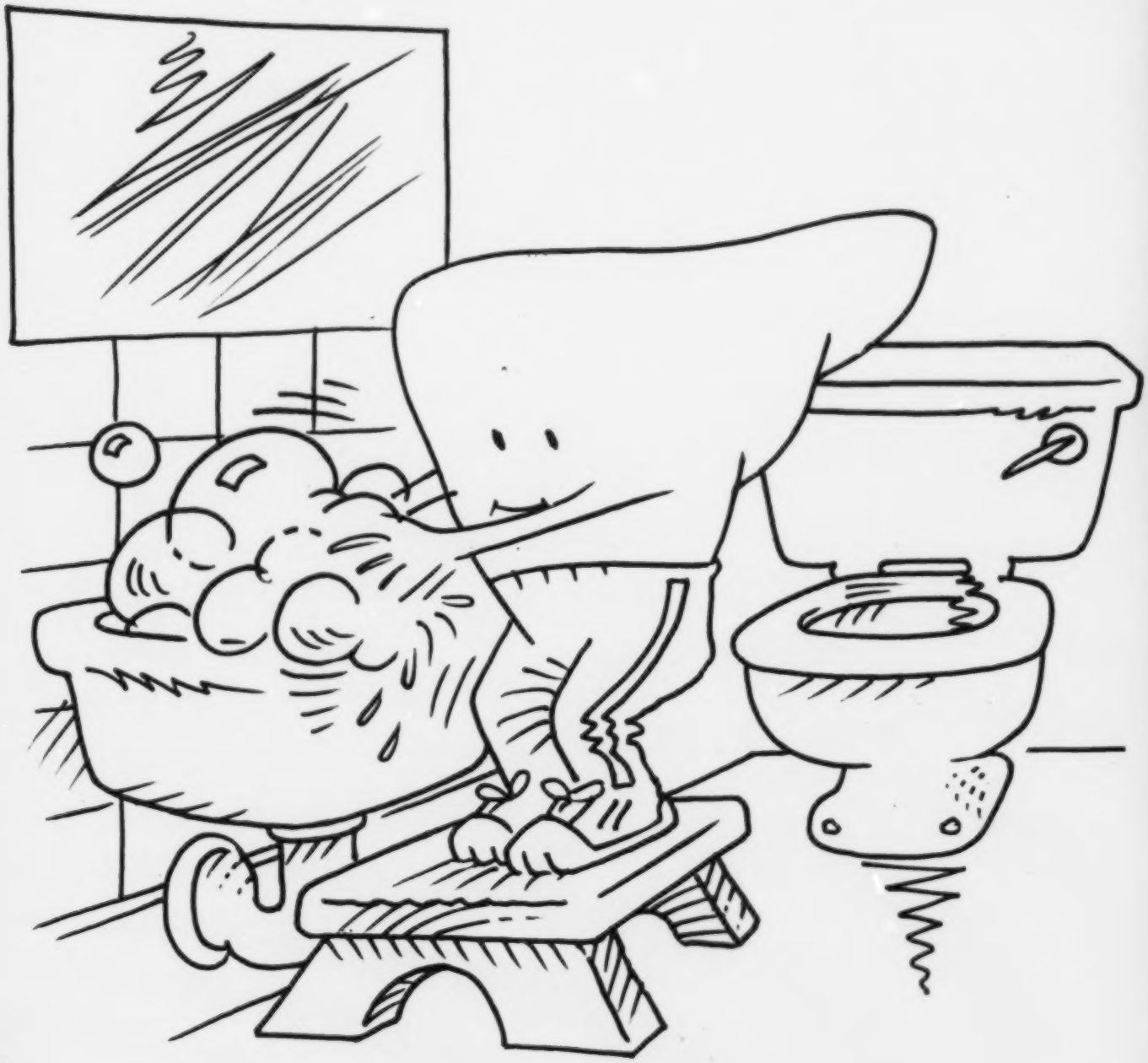
No tomes drogas, a menos que
te las recete el doctor.

Please take care of me.
When I'm out of business—you are too.

Por favor cuídame.
Si yo no funciono - tú tampoco.

**Please give me good food,
lots of fresh air, and exercise.**

Por favor dame buenos alimentos,
mucho aire fresco y haz ejercicio.



Wash your hands with soap and water after going to the bathroom to kill germs that can harm me.

Lávate las manos con agua y con jabón después de ir al baño para matar a los gérmenes que me puedan hacer daño.

Don't touch other people's blood or sores. They may have germs that can make you and me sick.

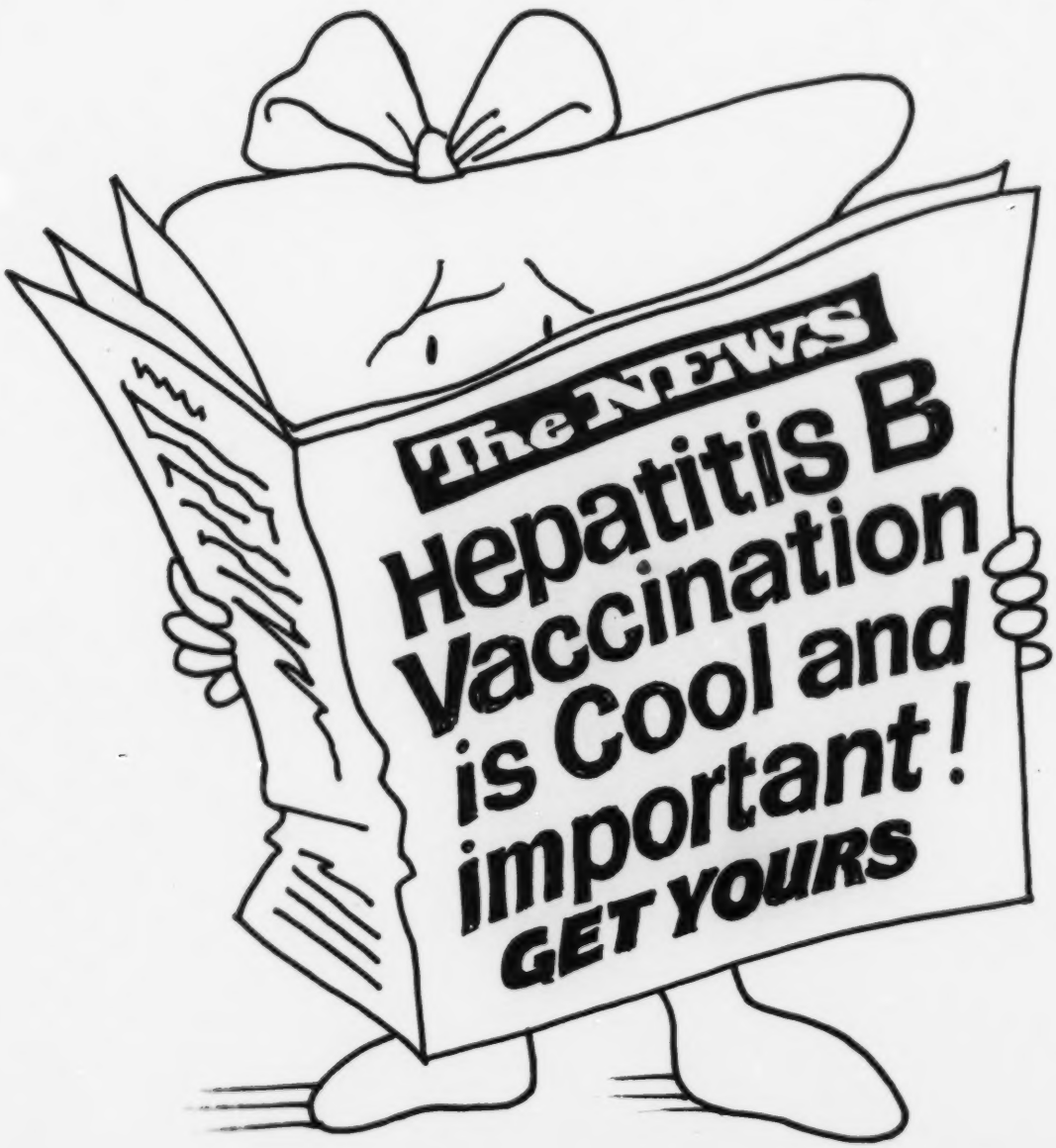
No toques la sangre o cortaduras
de otras personas. Pueden tener gérmenes
que te pueden enfermar a tí y a mí.

Don't share toothbrushes or razors, and don't touch needles that other people have used.

No compartas cepillos de dientes o rasuradoras, y no toques las agujas que hayan usado otras personas.

Make sure you have a Hepatitis B vaccination to protect you and me.

Asegúrate de que te pongan
la vacuna de Hepatitis B
para protegerte a tí y a mí.



I'm your defender...
your guardian angel.

Yo soy tu defensor... tu angel de la guardia.

Please keep me in tip-top shape, so I can protect you.

Por favor, mantenme en la mejor condición
para que pueda protegerte.

I'm depending on you to keep both of us healthy.

Yo estoy contando contigo
para que nos mantengas a los dos sanos.

Please protect me.
I'm your one and only liver.

Por favor protégeme.
Yo soy el único hígado que tienes.

SB
SmithKline Beecham

This Liver Wellness Workbook
is brought to you through
an educational grant from the
SmithKline Beecham Foundation

ENGLISH/SPANISH EDITION

HEPATITIS FOUNDATION INTERNATIONAL
Thelma King Thiel - Chairman and Chief Executive Officer
30 Sunrise Terrace, Cedar Grove, NJ 07009
Tel: 1-800-891-0707 Fax: 1-201-857-5044